



18402 N 19th Ave Ste 342, Phoenix, Arizona 85023

5784 Yoshon Cereals List – Updated: October 26, 2023

This is a list of all the Yoshon cereals. **It is subject to change.** Brands appear in bold. All cereals listed as **NPI** contain No Problematic Ingredients. All Kosher for Pesach cereals are Always Yoshon. (Wheat Starch is not a problem.) **Note:** Gluten-free cereals may contain oats.

ISRAEL: Any cereals with reliable hashgacha that are made in Israel (or with reliable Israeli Hashgacha) are Yoshon, The Following brands when made in Israel: **B&D, Gefen, Kitov, Kosher Mills, Shibolim, and Vered** are all always Yoshon.

Paskesz Kosher for Passover cereals, including Chocorios, Fruitios, and Crunchios; Choco Fillos in Chocolatey or Nougat; and Choco or Fruity Puffers are always Yoshon.

UK: All cereals made in the UK with reliable British hashgacha for export to Israel are Yoshon.

Mornflake Oats cereal sold in Europe and Israel are always Yoshon.

White's SpeediCook Porridge Oats made in the UK are always Yoshon.

CANADA:

General Mills Fibre One is always Yoshon.

Kellogg's Corn Pops are always Yoshon.

Post Wheat 'n Bran or Light Wheat Squares are always Yoshon. Shredded Wheat cereals including Original Big Biscuit, Original Spoon Size Shredded Wheat in Regular, Cinnamon, and Honey Toasted are always Yoshon, made with Winter Wheat. Shreddies in Regular, Honey, and Maple Flavours; Dark Wheat Squares; and 100% Bran are Still Yoshon. (This May Change.)

President's Choice Loads of Raisins Raisin Bran, Woven Wheat Squares are still Yoshon. (This May Change.)

President's Choice Blue Menu Fibre First, Bran Flakes, Fibre Plus Bran Flakes are still Yoshon. (This May Change.)

President's Choice Organics Raisin Bran and Wheat Squares are still Yoshon. (This May Change.)

Weetabix Regular and Organic Weetabix are still Yoshon. (This May Change.)

SOUTH AFRICA:

All Brands of Corn Flakes and Rice Krispies are always Yoshon.

Bokomo ProNutro without Wheat is NPI and always Yoshon.

USA:

Barbara's Bakery Corn Flakes, Brown Rice Crisps, Berry Burst Protein, and Honey Rice Puffins are NPI and are always Yoshon.

Cascadian Farm: Berry Vanilla Puffs, Fruitful O's, and Honey Vanilla Crunch are NPI and are always Yoshon.

EnviroKidz All COLD cereals have NPI and are Yoshon. (Hot cereals are NOT)

General Mills and **Nestlé/General Mills** cereals with wheat only are Yoshon (this does not include wheat GERM). These include: Cini Minis, Cinnamon Toast Crunch, Original or Chocolate Churros, Golden Grahams, Raisin Nut Bran, Total, Fiber One Original, Wheat Chex, and Wheaties. All *Parve* Toast Crunch Cereals: CinnaGraham, Chocolate, Dulce de Leche, Apple Pie, and Sugar Cookie; Cereals with NPI that are always Yoshon include: Cookie Crisp, French Toast Crunch, Frosted Toast Crunch, Kix, Trix, Cocoa Puffs, Reeses Puffs, Corn Chex, Rice Chex, Peanut Butter Chex, or Chocolate Chex.

Kashi Wheat-Only Cereals are Yoshon, including Autumn Wheat, Berry Fruitful, Cinnamon Harvest, Island Vanilla, Simply Raisin, and Strawberry Fields.

Kellogg's Crispix, and Corn Pops are Yoshon.

Kemach Cocoa Munchees, Crunchy Cinnamon Bites, and Whole Wheat Flakes are always Yoshon, made with Winter Wheat.

Klein's Naturals Granola is Yoshon with a "Yoshon" label under OK hashgacha.

Malt-O-Meal: Cereals with NPI, including Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts are always Yoshon.

Most Malt-O-Meal cereals containing wheat only, are Yoshon. (*It does NOT apply to* Golden Puffs made with Spring Wheat.)

Post: The following cereals made with wheat flour only are Yoshon: CoCo Wheats, Original Spoon Size Shredded Wheat, Spoon Size Wheat 'N Bran, and Big Biscuit Shredded Wheat. (*It does NOT apply to* Golden Crisp Puffed Wheat made with Spring Wheat.) Original Fruity or Cocoa Pebbles cereals are always Yoshon, having NPI. (*It does NOT apply to* Pebbles Crunch'd made with Oats.)

Paskesz PB&C is made with Wheat Starch and is Yoshon. Chips Aplenty, Corn Bites, and Rice Bites have NPI and are always Yoshon.

Publix Crispy Corn & Rice Cereal has NPI and is always Yoshon.

Setton Farms Granola is Yoshon with a "Yoshon" label under OK hashgacha.

Shoprite Scrunchy Cocoa Treats and Scrunchy Crispy Colors have NPI and are always Yoshon.

Stop & Shop Corn Squares, Rice Squares, Oven Toasted Corn, Cocoa Magic, Fruity Bits, Peanut Butter & Cocoa Bites have NPI and are always Yoshon.

Unger's Label Malt-O-Meal Fruity Dyno-Bites, Cocoa Dyno-Bites, Corn Bursts have NPI and are always Yoshon.

WinCo Cocoa Crispy, Crispy Rice, Fruity Crisp, and Berry Crunch have NPI and are always Yoshon.

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